



Suffolk County Veterans Run Series 2023 Newsletter - December 29

Farewell 2023

The 2023 Suffolk County Veterans Run Series was a great success. We had 6,980 participants over 8 events. It represents the highest per race average in the series history.

- 36 people participated in all 8 races
- 19 people participated in 7 races
- 15 people participated in 6 races
- 15 people participated in 5 races
- 22 people participated in 4 races
- 71 people participated in 3 races
- 387 people participated in 2 races
- 6,415 people participated in 1 race

Thank you to all who participated.

Registration Opens

Registration for the Navy Seal LT Michael P. Murphy Run Around the Lake 4 Mile Run/Walk and Half Marathon opens at 12:00:01 AM on January 1, 2024. Beer mugs will be given to the first 250 registrants.

Registration Link - <https://events.elitefeats.com/24murph>

An Off Season Race

Operation VEST will host their 3rd Annual 22 Degree Run and Plunge on Saturday, January 20, 2024. It is a 2.2 mile run followed by a polar plunge. Do one or both! Check the Registration Link for more information.

Registration Link - <https://events.elitefeats.com/24runandplunge>

2024 Suffolk County Veteran Run Series Schedule

May 28 - [Run for Briggs 5k Run or Ruck and 1 Mile Fun Run](#)

June 10 - [Dog Tag Run – Veterans Ending Suicide Together](#)

June 24 - [Navy SEAL LT Michael P. Murphy Run Around the Lake 4Mi Run/Walk and Half Marathon](#)

July 30 - [Jordan's Run: Veterans' Memorial 5k Run / Walk](#)

September 9 - [Project9Line Heart of An Eagle 5K](#)

October 7 - [E.O.C. of Suffolk, Inc. 5K for Fighters Race Supporting Women Veterans](#)

October 21-22 - [Catholic Health Suffolk County Marathon Half Marathon, 10K and 5K](#)

November 11 - [Run For the Warriors](#)

Suffolk Veterans Run Series
160 Carroll Ave, Ronkonkoma, NY 11779
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